

Cardiovascular Health in Missouri

Are you at risk for having high blood pressure?

Non-modifiable Risk Factors

- Ethnicity
- Family history of hypertension

Modifiable Risk Factors

- Overweight or obese
- Lack of physical activity
- Consume too much salt and not enough potassium
- Drink alcohol excessively
- Smoking

New blood pressure guidelines released in May 2003

Normal	<120 Systolic	and	<80 Diastolic
Pre-hypertension	120-139 Systolic	or	80-89 Diastolic
Hypertension, stage 1	140-159 Systolic	or	90-99 Diastolic
Hypertension, stage 2	≥ 160 Systolic	or	≥ 100 Diastolic

High blood pressure in Missouri

- More than one in every four (25.6%) Missouri adults has high blood pressure.
- More than one out of every four Missouri adults does not participate in any leisure time physical activity. However, leisure time physical activity rates are increasing in Missouri.
- Almost six out of every ten Missouri adults are overweight or obese, and the number is increasing.
- More than one out of every four Missouri adults smokes. In 2001, Missouri had the tenth highest smoking rate in the U.S. Smoking rates are decreasing in Missouri.
- Four out of five Missouri adults do not eat the recommended five daily servings of fruits and vegetables.

Did you know?

- ♥ While most adults have had their blood pressure checked in the past year (74.4%), the National Health and Nutritional Examination Survey (NHANES) and the World Health Organization estimate that **only one-third** of all people with high blood pressure control their blood pressure.
- ♥ High blood pressure is the leading risk factor for stroke, and is a major risk factor for heart disease and diabetes.
- ♥ In 1998, \$108.8 billion in health care spending in the United States was attributed to high blood pressure.